

Top 7 Reasons to Try Yoga

- 1) **STRESS RELIEF** – By encouraging relaxation, yoga helps to lower the levels of the stress hormone Cortisol.
- 2) **PAIN RELIEF** – Studies have demonstrated that practicing yoga postures, meditation, or a combination of the two, reduced pain for people with many different medical conditions.
- 3) **BETTER BREATHING** – Yoga teaches people to take slower, deeper breaths. This helps to improve lung function.
- 4) **INCREASED STRENGTH** – Yoga postures use every muscle in the body, helping to increase strength from head to toe.
- 5) **IMPROVED CIRCULATION** – As a result of various poses, yoga more efficiently moves oxygenated blood to the body's cells.
- 6) **FOCUS ON THE PRESENT** – Yoga helps us to become more aware & to help create mind body health. It opens the way to improved concentration, coordination, reaction time & memory.
- 7) **INNER PEACE** – The meditative aspects of yoga help many to reach a deeper, more spiritual & satisfying place in their lives.



Have You Tried Yoga?

WHAT IS YOGA?

Yoga promotes a connection between the mind, body and spirit. It is a lifestyle that embraces a system of physical science while honoring the quest for mental and emotional stability and balance. Through regular practice you will likely notice you are stronger, slimmer, and more flexible. You will also find that you are more patient, mentally sharper, and better able to handle stressful situations.

WHY YOGA?

The scientifically proven benefits of yoga are numerous:

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| •Lower blood pressure | •Strengthened bones/joints |
| •Decreased stress | •Improved respiration |
| •Greater flexibility | •Weight Loss |
| •Enhanced brain function | •Enhanced circulation |
| •Lower cholesterol | •Deeper peace of mind |
| •Better skeletal alignment | •And many more... |

Everyone who practices yoga can gain some level of benefit. The only requirements are proper instruction & regular practice.

WHO IS PRACTICING YOGA?

Over 15 million people from all walks of life are practicing yoga in the United States; another 15-25 million have expressed interest in it. There is a yoga style for everyone, so don't be afraid to try a new form of exercise!

- Yoga Alliance

